

ed hodist Church of Red Bank 247 Broad Street | Red Bank NJ 07701 | (732) 747-0446

Online: www.umcredbank.org Email: office@umcredbank.org

UMC Red Bank is a Church open to ALL to CONNECT with God and others, to GROW in our faith, and to SERVE in love

Another Template for Prayer

Our sermon series on "how to pray" may be in the rearview mirror, but our pursuit of a vibrant prayer life is lifelong! I would like to offer another (very simple) template for prayer that didn't quite fit into the sermon series. It is called the "ACTS" method of prayer. Let's run through it!

A - Adoration

As we begin, we address God and as we become aware of the Divine presence around us we are led to adoration and praise. We might praise God for something happening in the moment, or, perhaps if we are praying in the midst of difficulty, we might remember God's faithfulness to us and to the forebears of our faith in previous trials. In all times, there is something to lift a praise about because of the timeless nature of God's goodness.

C - Confession

Faced with the experience of God's tremendous love and grace, we feel our own imperfections and confess where we fall short. Even if the purpose of our prayer is not specifically to confess our sins, we are still led to admit that, perhaps, we don't have the strength to carry our burdens alone, or we don't have the patience to bear with certain people in our orbit. Overall, we are confessing that in some way in need of help of the divine. Much of sin's root is us assuming the "divine" role in our lives (thinking we are "in charge" or "in total control") and the basic role of confession, is abdicating that role back to God, which sets us free in a myriad of ways.

T - Thanksgiving

Having removed the weight from our hands, hearts, and minds through confession and forgiveness, we give thanks for this lightened load and for our enlightened souls after our brush with love and grace. It is said that the simplest and most common prayer that we pray to God can be summed up as "Help me, thank you." Thanksgiving naturally flows from the heart that has communed with the very presence of God.

S - Supplication

Finally, in this template of prayer, we have set the stage for our specific requests. Perhaps some of them come out during our confession time...or in any of the previous moments, but prayer, even in a template cannot be totally compartmentalized. One portion leads to another and they all interact. This guidance to save our "wish list" until the end is intended to really ensure that our hearts are in the right place and that our minds have had time to clear out and focus in on God's presence. Otherwise, we tend to jump right in and can end up praying to a selfish end.

It's always good to round things out with some additional praise as you find your landing pad in the "amen." I hope our time reflecting on prayer has been helpful to you, whether formal or informal prayer, we are most blessed that the presence of the Divine: God, Jesus, and Holy Spirit are with us, no matter what the situation. Let us continue to be attentive to our prayer lives!

Grace and Peace,

Pastor Cam

DIRECTOR OF CHILDREN & YOUTH MINISTRIES BONNIE DEROSKI

848.828.9420, bderoski@umcredbank.org

A Month for Thankfulness

November is a thankful month. We are just coming into winter and school is in full swing. Here are some ways to infuse your November with gratitude practices for your kids (and yourself).

A great idea for this month is a gratitude pumpkin. All you need is a largish pumpkin and a sharpie. Each member of the family adds something they are thankful for until the pumpkin is full of thoughts of gratitude. Here are some prompts (or you can use them as a scavenger hunt also).

- What is something outside you enjoy looking at?
- What is something that is useful for you?
- What is something that is your favorite color?
- What is something you know someone else will enjoy?
- What is something that makes you happy?
- What is something that tastes good?
- What is something that smells amazing?
- What is something that makes you feel safe?
- What is something that makes a beautiful sound?
- Who is someone you are grateful for?
- What is something that is unique to you?
- What is something that makes you laugh?
- What is something about church that makes you joyful?
- What is something in the night that you enjoy?
- What is something in the morning that you enjoy?
- Who is a friend/pet that you love spending time with?
- What is your favorite place to spend alone time?
- What is something that reminds you of the people you love?
- What is something that you enjoy doing outside with friends?
 - What is a place that you love?







DIRECTOR OF MUSIC

EVAN COURTNEY

LESSONS AND CAROLS is now

ecourtney@umcredbank.org



STEWARDSHIP

We are so thankful for your responses to this year's stewardship letter and campaign! Over the last few weeks, we have been reflecting on what makes the heartbeat of our church and our faith. At the center of our lives is God's gift of Agape love, as grateful stewards of that abundant Love, we are moved to share it generously with each other and the world around us.

If you would like to make a financial pledge to support the mission and ministries of UMCRB, there is still time! Pledges can be turned into the main office or placed in the offering plate during service. As always, we are incredibly grateful for the myriad ways that you all give to our church community. Let us have a strong finish to 2022 and we look forward to having a heart-healthy church in the

months and years to come!

With deepest gratitude,

Pastor Cam and the Stewardship Team



UNITED METHODIST WOMEN / UNITED WOMEN IN FAITH

GERRI PORANSKI

908.247.1259 gporanski713@yahoo.com







UMW CRAFT GROUP

Craft Group will be meeting on Tuesday, November 15 and Tuesday, November 29 rather than on our usual second and fourth Tuesdays. This way we avoid meeting on Election Day and during Thanksgiving week. Meetings take place from 10 a.m. to 2 p.m. in the Lobby above the Church Library, but come for all or whatever portion of that time you have available. Bring your snack/cold drink for our short lunch break -- or make a hot drink in the kitchen. Besides greeting card making, you can plan

to knit or crochet or do another craft during our Craft Group meetings.

We will be featuring our Thanksgiving Cards during the first three Sundays in November, and then will begin featuring our selection of Christmas cards. Stop by the card table in Fellowship Hall after the 10 a.m. Church service each Sunday. We will also have our usual assortment of cards for Birthday, Thinking of You, Get Well or Caring Thoughts are With You, Sympathy, Anniversary, Children (birthdays or showers) or Blank (write your own message) as well as our cards with "sassy sayings." Let us know if you would like us to design specific cards for you. Your purchases (at \$1.00 a card) help UMW (now called United Women in Faith) make its budgeted mission donations.





UMW MILDRED-RUTH CIRCLE

Mildred-Ruth Circle will be meeting on Thursday, November 10 from 11 a.m. to 12 noon in the Lounge. We will be discussing plans for upcoming Circle activities including whether to have a special December celebration at our December 8 meeting. We will also have some time for sharing a devotion, poem, short story or article that you have found meaningful.

All UMW ladies (and those interested in learning more about UMW) are invited to come to our hour of fellowship. Any questions? Contact Helen Vetter or Peggy Wien.

BOOK CLUB

Our next meeting will be held on December 1 beginning at 1 p.m. in the Lounge. The book for December is The Woman They Could Not Silence by Kate Moore. We have also picked our book for our January 26 meeting: The American Adventuress: A Novel by C. W. Gortner.

Volunteer Opportunities



Do you want to be more involved with our Church's mission and programs? The Nominations Committee has many opportunities to get involved. Please speak with Pastor Cam or Barbara Roguski if you are interested in learning more. Click on their names to send an email inquiry.

UMCOR UPDATE



UMCOR'S RESPONSE TO THE CRISIS IN UKRAINE

Since the February 2022 invasion of Ukraine by Russian forces, The United Methodist Committee on Relief (UMCOR) has acted on behalf of The United Methodist Church to provide aid and assistance. Grants for immediate relief have been given to trusted partners - United Methodist churches in surrounding countries, ecumenical partners, and non-governmental organizations - to provide direct aid inside Ukraine as well as help for those who have fled to surrounding countries.

As the conflict continues, UMCOR will be there, faithfully working on your behalf to bring hope and healing to the people of Ukraine. UMCOR's work in Ukraine is funded with gifts to Advance #982450, International Disaster Response and Recovery. 100% of donations to UMCOR goes to its intended purpose.

EACH DONATION TO UMCOR'S UKRAINE RESPONSE HAS IMPACTED MORE THAN 13 **UKRAINIAN LIVES:**

- An estimated 380,000 Ukrainians assisted so far, \Diamond
- More than \$23.2 million USD raised to date from more than 29,000 individuals and churches, and
- More than \$17 million USD in assistance approved/in process to date. \diamond

RANGE OF SUPPORT

- Transportation, food, water, clothing, medication, and safe shelters for displaced families, women, children and those with disabilities;
- Urgently needed medical supplies to hospitals to help doctors and nurses care for the sick and \Diamond injured;
- Legal assistance, counseling, and social support for those who have lost their homes, belongings, and livelihoods;
- Winterization and repairs at shelters, as well as construction on longer-term lodging for those displaced by the war;
- Repairs on homes as people return to communities impacted by months of warfare, and;
- Explosive removal and mine education throughout the country to reduce risks to those returning to their homes and communities.

To know more see https://umcmission.org/umcor/umcors-response-to-the-crisis-in-ukraine/ for updates.



Our Youth Groups need an organized person to help coordinate and confirm dinner cooks and clean up crew. No need to be at the church; this job can be done on computer and phone. Contact Bonnie Deroski at bderoski@umcredbank.org or 828-828-9420 for more information.

CHURCH HISTORIAN

GREG JANSKY

Did you know?

The church attended their Church Conference last week at Grace United Methodist church with other churches in our area. There, we met in a service led by our District Superintendent, Reverend Sang

Won Doh. Following the service, the church conducted it's annual business meeting where we discussed the Pastor's membership. compensation, committees, report, the property, and funds.

Included in this month's picture are booklets printed up for past Church Conferences. Three of the books date from the 1960s and the book on the bottom right comes from the most



recent conference. While the material covered is generally the same, you can see during the 1960s that the books contain reports from the entire staff and all committee heads. It makes for an interesting read and paints a picture of a different time in the life of the church.

The archives contain booklets from the 1960s, and I am sure more exist scattered throughout the church. I would like to consolidate them in order to help preserve them (and their history) and build an exhibit for a future date. If you know where any of the books are in the church (that are not in the archives) or have one to donate, please contact me.



JANIE SCHILDGE

732.741.0528 jschildge@optonline.net



Our Green Faith committee is always working to keep our church building as energy efficient as possible. Here's an update as of October 5th:

Kilowatt hours produced: 4,629

Our total CO₂ emissions avoided by solar generation since start up is 1,063,450 pounds

Thank you Hudson Solar!

JOIN US FOR YOUTH GROUP



WEDNESDAYS AT 6 PM

We start with a delicious meal and then split into our groups



For more information, visit: <u>https://www.umcredbank.org/youth-programs/</u>

November			
8 th - Tuesday	Election Day	24 th - Thursday	Thanksgiving Day
11 th - Tuesday	Veteran's Day	26 th - Saturday	Small Business Saturday
13 th - Sunday	World Kindness Day		National Cake Day
15 th - Tuesday	America Recycles Day	27 th - Sunday	First Sunday of Advent
17 th - Thursday	World Peace Day	28 th - Monday	French Toast Day
19 th - Saturday	Family Volunteer Day	29 th - Tuesday	National Day of Giving

French Toast Casserole

* 🔭 *

Ingredients:

- 1 cup brown sugar
- 2 cups milk
- 2 teaspoons vanilla extract
- ½ cup unsalted butter

cut into bite-sized pieces, or more as needed

6 large eggs



Topping:

1 tablespoon brown sugar, or to taste

¼ teaspoon ground cinnamon, or to taste

Directions:

- 1. Make the French toast: Cook the butter with a cup of brown sugar until the butter is melted and the sugar is dissolved, then pour the mixture into a prepared baking dish. Scatter the bread pieces over the butter mixture. Mix the milk, vanilla, and eggs together, then pour over the bread.
- 2. Refrigerate: Cover the casserole and transfer to the fridge. Refrigerate at least 8 hours or up to overnight.
- 3. Bake the casserole: Remove the casserole from the fridge and uncover. Sprinkle with a mixture of brown sugar-cinnamon, then bake at 350° for 50-60 minutes until the casserole is browned and bubbling.

Condolences

It is with heavy hearts that we mourn the loss of faithful members of our congregation.



Please bother us!!

Communication is crucial in letting us know when members of this congregation are hospitalized or ill. We would rather be told multiple times than to not know at all. So, let Pastor Naulty know, leave messages at church, or email us at office@umcredbank.org. Remember that hospitals no longer contact clergy when members are hospitalized.